

A person is shown from the waist down, performing a deadlift. They are wearing dark shorts and black sneakers with yellow accents. They are holding a barbell with both hands, and their legs are bent at the knees. The barbell has several black weight plates attached. The floor is made of dark grey tiles. The background is dark and out of focus.

# ACSM EP STUDY GUIDE

# Acsm Study Guide

**Trivium Personal Trainer Exam Prep  
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